

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|--|-------------------|-----------------------|----------------------------|
| 14006 | Alcoholic beverage, beer, light | 354 | 12 fl oz | 0.021 |
| 14003 | Alcoholic beverage, beer, regular, all | 355 | 12 fl oz | 0.028 |
| 14010 | Alcoholic beverage, daiquiri, prepared-from-recipe | 60 | 2 fl oz | 0.009 |
| 14037 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof | 42 | 1.5 fl oz | 0.008 |
| 14550 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof | 42 | 1.5 fl oz | 0.008 |
| 14551 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof | 42 | 1.5 fl oz | 0.008 |
| 14414 | Alcoholic beverage, liqueur, coffee, 53 proof | 52 | 1.5 fl oz | 0.007 |
| 14017 | Alcoholic beverage, pina colada, prepared-from-recipe | 141 | 4.5 fl oz | 0.744 |
| 14536 | Alcoholic beverage, wine, dessert, dry | 103 | 3.5 fl oz | 0.123 |
| 14057 | Alcoholic beverage, wine, dessert, sweet | 103 | 3.5 fl oz | 0.123 |
| 14096 | Alcoholic beverage, wine, table, red | 103 | 3.5 fl oz | 0.136 |
| 14106 | Alcoholic beverage, wine, table, white | 103 | 3.5 fl oz | 0.121 |
| 11001 | Alfalfa seeds, sprouted, raw | 33 | 1 cup | 0.062 |
| 09016 | Apple juice, canned or bottled, unsweetened, without added ascorbic acid | 248 | 1 cup | 0.280 |
| 09011 | Apples, dried, sulfured, uncooked | 32 | 5 rings | 0.029 |
| 09003 | Apples, raw, with skin | 138 | 1 apple | 0.048 |
| 09004 | Apples, raw, without skin | 110 | 1 cup | 0.042 |
| 09020 | Applesauce, canned, sweetened, without salt | 255 | 1 cup | 0.191 |
| 09019 | Applesauce, canned, unsweetened, without added ascorbic acid | 244 | 1 cup | 0.183 |
| 09403 | Apricot nectar, canned, with added ascorbic acid | 251 | 1 cup | 0.080 |
| 09027 | Apricots, canned, heavy syrup pack, with skin, solids and liquids | 258 | 1 cup | 0.132 |
| 09024 | Apricots, canned, juice pack, with skin, solids and liquids | 244 | 1 cup | 0.127 |
| 09032 | Apricots, dried, sulfured, uncooked | 35 | 10 halves | 0.082 |
| 09021 | Apricots, raw | 35 | 1 apricot | 0.027 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 120 | 1 medium | 0.270 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 168 | 1 cup | 0.378 |
| 11015 | Asparagus, canned, drained solids | 72 | 4 spears | 0.122 |
| 11012 | Asparagus, cooked, boiled, drained | 60 | 4 spears | 0.092 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 180 | 1 cup | 0.252 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 60 | 4 spears | 0.084 |
| 09038 | Avocados, raw, California | 28.35 | 1 oz | 0.042 |
| 09039 | Avocados, raw, Florida | 28.35 | 1 oz | 0.027 |
| 18005 | Bagels, cinnamon-raisin | 89 | 4" bagel | 0.780 |
| 18005 | Bagels, cinnamon-raisin | 71 | 3-1/2" bagel | 0.622 |
| 18003 | Bagels, egg | 71 | 3-1/2" bagel | 0.291 |
| 18003 | Bagels, egg | 89 | 4" bagel | 0.365 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89 | 4" bagel | 0.458 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 71 | 3-1/2" bagel | 0.366 |
| 19077 | Baking chocolate, unsweetened, liquid | 28.35 | 1 oz | 0.468 |
| 19078 | Baking chocolate, unsweetened, squares | 28.35 | 1 square | 1.181 |
| 11028 | Bamboo shoots, canned, drained solids | 131 | 1 cup | 0.206 |
| 09040 | Bananas, raw | 150 | 1 cup | 0.405 |
| 09040 | Bananas, raw | 118 | 1 banana | 0.319 |
| 20006 | Barley, pearled, cooked | 157 | 1 cup | 0.407 |
| 20005 | Barley, pearled, raw | 200 | 1 cup | 2.644 |
| 16006 | Beans, baked, canned, plain or vegetarian | 254 | 1 cup | 0.277 |

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| 16008 | Beans, baked, canned, with franks | 259 | 1 cup | 1.088 |
| 16010 | Beans, baked, canned, with pork and sweet sauce | 253 | 1 cup | 0.215 |
| 16011 | Beans, baked, canned, with pork and tomato sauce | 253 | 1 cup | 0.764 |
| 16015 | Beans, black, mature seeds, cooked, boiled, without salt | 172 | 1 cup | 0.764 |
| 16025 | Beans, great northern, mature seeds, cooked, boiled, without salt | 177 | 1 cup | 0.917 |
| 16034 | Beans, kidney, red, mature seeds, canned | 256 | 1 cup | 0.397 |
| 16033 | Beans, kidney, red, mature seeds, cooked, boiled, without salt | 177 | 1 cup | 0.844 |
| 16038 | Beans, navy, mature seeds, cooked, boiled, without salt | 182 | 1 cup | 0.959 |
| 16043 | Beans, pinto, mature seeds, cooked, boiled, without salt | 171 | 1 cup | 0.775 |
| 11056 | Beans, snap, green, canned, regular pack, drained solids | 135 | 1 cup | 0.275 |
| 11053 | Beans, snap, green, cooked, boiled, drained, without salt | 125 | 1 cup | 0.356 |
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained without salt | 135 | 1 cup | 0.389 |
| 11932 | Beans, snap, yellow, canned, regular pack, drained solids | 135 | 1 cup | 0.270 |
| 11724 | Beans, snap, yellow, cooked, boiled, drained, without salt | 125 | 1 cup | 0.368 |
| 11732 | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt | 135 | 1 cup | 0.436 |
| 16051 | Beans, white, mature seeds, canned | 262 | 1 cup | 1.349 |
| 22402 | Beef Macaroni, frozen entree | 240 | 1 package | 0.547 |
| 22905 | Beef stew, canned entree | 232 | 1 cup | 0.332 |
| 13818 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85 | 3 oz | 0.013 |
| 13058 | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 85 | 3 oz | 0.015 |
| 13348 | Beef, cured, corned beef, canned | 85.05 | 3 oz | 0.012 |
| 13350 | Beef, cured, dried | 28.35 | 1 oz | 0.005 |
| 23578 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled | 85 | 3 oz | 0.009 |
| 23573 | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled | 85 | 3 oz | 0.009 |
| 23568 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled | 85 | 3 oz | 0.010 |
| 13073 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85 | 3 oz | 0.011 |
| 13085 | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85 | 3 oz | 0.014 |
| 13869 | Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85 | 3 oz | 0.009 |
| 23605 | Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 85 | 3 oz | 0.010 |
| 13878 | Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85 | 3 oz | 0.009 |
| 23598 | Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85 | 3 oz | 0.009 |
| 13930 | Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85 | 3 oz | 0.008 |
| 23610 | Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 85 | 3 oz | 0.009 |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried | 85 | 3 oz | 0.303 |
| 11087 | Beet greens, cooked, boiled, drained, without salt | 144 | 1 cup | 0.740 |
| 11084 | Beets, canned, drained solids | 24 | 1 beet | 0.069 |
| 11084 | Beets, canned, drained solids | 170 | 1 cup | 0.488 |
| 11081 | Beets, cooked, boiled, drained | 170 | 1 cup | 0.554 |
| 11081 | Beets, cooked, boiled, drained | 50 | 1 beet | 0.163 |
| 18016 | Biscuits, plain or buttermilk, prepared from recipe | 101 | 4" biscuit | 0.382 |
| 18016 | Biscuits, plain or buttermilk, prepared from recipe | 60 | 2-1/2" biscuit | 0.227 |
| 18015 | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked | 27 | 2-1/2" biscuit | 0.127 |
| 18013 | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked | 21 | 2-1/4" biscuit | 0.074 |

USDA National Nutrient Database for Standard Reference, Release 20
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|---------------|---|-------------------|-----------------------|----------------------------|
| 09042 | Blackberries, raw | 144 | 1 cup | 0.930 |
| 09055 | Blueberries, frozen, sweetened | 230 | 1 cup | 0.603 |
| 09050 | Blueberries, raw | 145 | 1 cup | 0.487 |
| 07008 | Bologna, beef and pork | 56.7 | 2 slices | 0.010 |
| 07014 | Braunschweiger (a liver sausage), pork | 56.7 | 2 slices | 0.088 |
| 18079 | Bread crumbs, dry, grated, plain | 28.35 | 1 oz | 0.261 |
| 18376 | Bread crumbs, dry, grated, seasoned | 120 | 1 cup | 1.181 |
| 18082 | Bread stuffing, bread, dry mix, prepared | 100 | 1/2 cup | 0.169 |
| 18019 | Bread, banana, prepared from recipe, made with margarine | 60 | 1 slice | 0.125 |
| 18023 | Bread, cornbread, dry mix, prepared | 60 | 1 piece | 0.130 |
| 18024 | Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 65 | 1 piece | 0.077 |
| 18025 | Bread, cracked-wheat | 25 | 1 slice | 0.343 |
| 18027 | Bread, egg | 40 | 1/2" slice | 0.200 |
| 18029 | Bread, french or vienna (includes sourdough) | 25 | 1/2" slice | 0.131 |
| 18033 | Bread, italian | 20 | 1 slice | 0.093 |
| 18035 | Bread, Multi-Grain (includes whole-grain) | 26 | 1 slice | 0.527 |
| 18036 | Bread, Multi-Grain, toasted (includes whole-grain) | 24 | 1 slice | 0.528 |
| 18039 | Bread, oatmeal | 27 | 1 slice | 0.254 |
| 18040 | Bread, oatmeal, toasted | 25 | 1 slice | 0.256 |
| 18041 | Bread, pita, white, enriched | 60 | 6-1/2" pita | 0.289 |
| 18041 | Bread, pita, white, enriched | 28 | 4" pita | 0.135 |
| 18044 | Bread, pumpernickel | 32 | 1 slice | 0.418 |
| 18045 | Bread, pumpernickel, toasted | 29 | 1 slice | 0.416 |
| 18047 | Bread, raisin, enriched | 26 | 1 slice | 0.130 |
| 18048 | Bread, raisin, toasted, enriched | 24 | 1 slice | 0.131 |
| 18053 | Bread, reduced-calorie, rye | 23 | 1 slice | 0.104 |
| 18055 | Bread, reduced-calorie, wheat | 23 | 1 slice | 0.196 |
| 18057 | Bread, reduced-calorie, white | 23 | 1 slice | 0.090 |
| 18060 | Bread, rye | 32 | 1 slice | 0.264 |
| 18061 | Bread, rye, toasted | 24 | 1 slice | 0.217 |
| 18064 | Bread, wheat | 25 | 1 slice | 0.281 |
| 18065 | Bread, wheat, toasted | 23 | 1 slice | 0.317 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 45 | 1 cup | 0.215 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 25 | 1 slice | 0.120 |
| 18070 | Bread, white, commercially prepared, toasted | 22 | 1 slice | 0.093 |
| 18075 | Bread, whole-wheat, commercially prepared | 28 | 1 slice | 0.598 |
| 18076 | Bread, whole-wheat, commercially prepared, toasted | 25 | 1 slice | 0.636 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 37 | 1 spear | 0.072 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 156 | 1 cup | 0.303 |
| 11740 | Broccoli, flower clusters, raw | 11 | 1 floweret | 0.025 |
| 11093 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 184 | 1 cup | 0.410 |
| 11090 | Broccoli, raw | 31 | 1 spear | 0.065 |
| 11090 | Broccoli, raw | 88 | 1 cup | 0.185 |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt | 156 | 1 cup | 0.354 |
| 11101 | Brussels sprouts, frozen, cooked, boiled, drained, without salt | 155 | 1 cup | 0.319 |
| 20011 | Buckwheat flour, whole-groat | 120 | 1 cup | 2.436 |
| 20010 | Buckwheat groats, roasted, cooked | 168 | 1 cup | 0.677 |
| 20013 | Bulgur, cooked | 182 | 1 cup | 1.108 |

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| 20012 | Bulgur, dry | 140 | 1 cup | 4.267 |
| 01001 | Butter, salted | 14.2 | 1 tbsp | 0.000 |
| 01145 | Butter, without salt | 14.2 | 1 tbsp | 0.001 |
| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170 | 1 cup | 0.245 |
| 11120 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt | 119 | 1 cup | 0.182 |
| 11110 | Cabbage, cooked, boiled, drained, without salt | 150 | 1 cup | 0.308 |
| 11109 | Cabbage, raw | 70 | 1 cup | 0.112 |
| 11112 | Cabbage, red, raw | 70 | 1 cup | 0.170 |
| 11114 | Cabbage, savoy, raw | 70 | 1 cup | 0.126 |
| 18086 | Cake, angelfood, commercially prepared | 28 | 1 piece | 0.024 |
| 18088 | Cake, angelfood, dry mix, prepared | 50 | 1 piece | 0.032 |
| 18090 | Cake, boston cream pie, commercially prepared | 92 | 1 piece | 0.046 |
| 18096 | Cake, chocolate, commercially prepared with chocolate frosting | 64 | 1 piece | 0.205 |
| 18101 | Cake, chocolate, prepared from recipe without frosting | 95 | 1 piece | 0.266 |
| 18110 | Cake, fruitcake, commercially prepared | 43 | 1 piece | 0.095 |
| 18116 | Cake, gingerbread, prepared from recipe | 74 | 1 piece | 0.505 |
| 18119 | Cake, pineapple upside-down, prepared from recipe | 115 | 1 piece | 0.403 |
| 18120 | Cake, pound, commercially prepared, butter | 28 | 1 piece | 0.025 |
| 18451 | Cake, pound, commercially prepared, fat-free | 28 | 1 slice | 0.038 |
| 18126 | Cake, shortcake, biscuit-type, prepared from recipe | 65 | 1 shortcake | 0.215 |
| 18127 | Cake, snack cakes, creme-filled, chocolate with frosting | 50 | 1 cupcake | 0.243 |
| 18128 | Cake, snack cakes, creme-filled, sponge | 42.5 | 1 cake | 0.071 |
| 18452 | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat | 43 | 1 cupcake | 0.096 |
| 18133 | Cake, sponge, commercially prepared | 30 | 1 shortcake | 0.063 |
| 18134 | Cake, sponge, prepared from recipe | 63 | 1 piece | 0.105 |
| 18102 | Cake, white, prepared from recipe with coconut frosting | 112 | 1 piece | 0.310 |
| 18139 | Cake, white, prepared from recipe without frosting | 74 | 1 piece | 0.146 |
| 18140 | Cake, yellow, commercially prepared, with chocolate frosting | 64 | 1 piece | 0.166 |
| 18141 | Cake, yellow, commercially prepared, with vanilla frosting | 64 | 1 piece | 0.061 |
| 19074 | Candies, caramels | 10.1 | 1 piece | 0.001 |
| 19076 | Candies, caramels, chocolate-flavor roll | 7 | 1 piece | 0.003 |
| 19071 | Candies, carob, unsweetened | 28.35 | 1 oz | 0.040 |
| 19100 | Candies, fudge, chocolate, prepared-from-recipe | 17 | 1 piece | 0.072 |
| 19101 | Candies, fudge, chocolate, with nuts, prepared-from-recipe | 19 | 1 piece | 0.168 |
| 19104 | Candies, fudge, vanilla with nuts | 15 | 1 piece | 0.070 |
| 19103 | Candies, fudge, vanilla, prepared-from-recipe | 16 | 1 piece | 0.000 |
| 19106 | Candies, gumdrops, starch jelly pieces | 74 | 10 worms | 0.007 |
| 19106 | Candies, gumdrops, starch jelly pieces | 4.2 | 1 medium | 0.000 |
| 19106 | Candies, gumdrops, starch jelly pieces | 22 | 10 bears | 0.002 |
| 19107 | Candies, hard | 3 | 1 small piece | 0.000 |
| 19107 | Candies, hard | 6 | 1 piece | 0.001 |
| 19108 | Candies, jellybeans | 28.35 | 10 large | 0.010 |
| 19109 | Candies, KIT KAT Wafer Bar | 42 | 1 bar (1.5 oz) | 0.042 |
| 19116 | Candies, marshmallows | 50 | 1 cup | 0.004 |
| 19141 | Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies | 7 | 10 pieces | 0.023 |
| 19140 | Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies | 20 | 10 pieces | 0.133 |
| 19135 | Candies, MASTERFOODS USA, MILKY WAY Bar | 18 | 1 fun size bar | 0.026 |
| 19135 | Candies, MASTERFOODS USA, MILKY WAY Bar | 61 | 1 bar (2.15 oz) | 0.090 |

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| 19155 | Candies, MASTERFOODS USA, SNICKERS Bar | 57 | 1 bar (2 oz) | 0.200 |
| 19156 | Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits | 5 | 1 piece | 0.001 |
| 19120 | Candies, milk chocolate | 44 | 1 bar (1.55 oz) | 0.207 |
| 19126 | Candies, milk chocolate coated peanuts | 40 | 10 pieces | 0.378 |
| 19127 | Candies, milk chocolate coated raisins | 10 | 10 pieces | 0.036 |
| 19132 | Candies, milk chocolate, with almonds | 41 | 1 bar (1.45 oz) | 0.256 |
| 19143 | Candies, MR. GOODBAR Chocolate Bar | 49 | 1 bar (1.75 oz) | 0.000 |
| 19069 | Candies, NESTLE, BUTTERFINGER Bar | 7 | 1 fun size bar | 0.034 |
| 19150 | Candies, REESE'S Peanut Butter Cups | 45 | 1 package (contains 2) | 0.000 |
| 19080 | Candies, semisweet chocolate | 168 | 1 cup | 1.344 |
| 19164 | Candies, SPECIAL DARK Chocolate Bar | 8.4 | 1 miniature | 0.000 |
| 19087 | Candies, white chocolate | 170 | 1 cup | 0.014 |
| 09060 | Carambola, (starfruit), raw | 91 | 1 fruit | 0.034 |
| 09060 | Carambola, (starfruit), raw | 108 | 1 cup | 0.040 |
| 14121 | Carbonated beverage, club soda | 355 | 12 fl oz | 0.004 |
| 14400 | Carbonated beverage, cola, contains caffeine | 370 | 12 fl oz | 0.007 |
| 14136 | Carbonated beverage, ginger ale | 366 | 12 fl oz | 0.048 |
| 14142 | Carbonated beverage, grape soda | 372 | 12 fl oz | 0.048 |
| 14416 | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355 | 12 fl oz | 0.380 |
| 14143 | Carbonated beverage, low calorie, other than cola or pepper, without caffeine | 355 | 12 fl oz | 0.060 |
| 14150 | Carbonated beverage, orange | 372 | 12 fl oz | 0.048 |
| 14153 | Carbonated beverage, pepper-type, contains caffeine | 368 | 12 fl oz | 0.129 |
| 14157 | Carbonated beverage, root beer | 370 | 12 fl oz | 0.048 |
| 14145 | Carbonated beverage, SPRITE, lemon-lime, without caffeine | 368 | 12 fl oz | 0.007 |
| 16055 | Carob flour | 8 | 1 tbsp | 0.041 |
| 11655 | Carrot juice, canned | 236 | 1 cup | 0.307 |
| 11960 | Carrots, baby, raw | 10 | 1 medium | 0.015 |
| 11128 | Carrots, canned, regular pack, drained solids | 146 | 1 cup | 0.657 |
| 11125 | Carrots, cooked, boiled, drained, without salt | 156 | 1 cup | 0.242 |
| 11131 | Carrots, frozen, cooked, boiled, drained, without salt | 146 | 1 cup | 0.244 |
| 11124 | Carrots, raw | 110 | 1 cup | 0.157 |
| 11124 | Carrots, raw | 72 | 1 carrot | 0.103 |
| 11935 | Catsup | 15 | 1 tbsp | 0.019 |
| 11935 | Catsup | 6 | 1 packet | 0.008 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 124 | 1 cup | 0.164 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 54 | 3 flowerets | 0.071 |
| 11138 | Cauliflower, frozen, cooked, boiled, drained, without salt | 180 | 1 cup | 0.270 |
| 11135 | Cauliflower, raw | 13 | 1 floweret | 0.020 |
| 11135 | Cauliflower, raw | 100 | 1 cup | 0.156 |
| 11144 | Celery, cooked, boiled, drained, without salt | 37.5 | 1 stalk | 0.040 |
| 11144 | Celery, cooked, boiled, drained, without salt | 150 | 1 cup | 0.159 |
| 11143 | Celery, raw | 120 | 1 cup | 0.124 |
| 11143 | Celery, raw | 40 | 1 stalk | 0.041 |
| 08263 | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS | 30 | 3/4 cup | 0.454 |
| 08262 | Cereals ready-to-eat, GENERAL MILLS, BASIC 4 | 55 | 1 cup | 0.547 |
| 08274 | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX | 30 | 3/4 cup | 0.084 |

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| 08013 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 30 | 1 cup | 1.017 |
| 08272 | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH | 30 | 3/4 cup | 0.443 |
| 08271 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS | 30 | 1 cup | 0.147 |
| 08019 | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX | 30 | 1 cup | 0.056 |
| 08035 | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS | 30 | 3/4 cup | 0.413 |
| 08045 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS | 30 | 1 cup | 0.823 |
| 08057 | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX | 30 | 3/4 cup | 0.434 |
| 08243 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS | 55 | 1 cup | 1.026 |
| 08048 | Cereals ready-to-eat, GENERAL MILLS, KIX | 30 | 1-1/3 cup | 0.339 |
| 08050 | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS | 30 | 1 cup | 0.562 |
| 08261 | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN | 55 | 1 cup | 1.241 |
| 08194 | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS | 30 | 3/4 cup | 0.090 |
| 08064 | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 31 | 1-1/4 cup | 0.764 |
| 08246 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes | 30 | 1-1/3 cup | 0.029 |
| 08247 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran | 55 | 1 cup | 0.816 |
| 08078 | Cereals ready-to-eat, GENERAL MILLS, TRIX | 30 | 1 cup | 0.024 |
| 08082 | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX | 30 | 1 cup | 1.072 |
| 08089 | Cereals ready-to-eat, GENERAL MILLS, WHEATIES | 30 | 1 cup | 1.001 |
| 08001 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original | 30 | 1/2 cup | 2.223 |
| 08003 | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS | 30 | 1 cup | 0.163 |
| 08014 | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES | 31 | 3/4 cup | 0.341 |
| 08028 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes | 29 | 3/4 cup | 1.224 |
| 08020 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes | 28 | 1 cup | 0.046 |
| 08068 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS | 31 | 1 cup | 0.076 |
| 08259 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX | 29 | 1 cup | 0.289 |
| 08030 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS | 30 | 1 cup | 0.168 |
| 08069 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES | 31 | 3/4 cup | 0.013 |
| 08071 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS | 27 | 3/4 cup | 0.378 |
| 08058 | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 | 30 | 1 cup | 0.338 |
| 08060 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN | 61 | 1 cup | 1.734 |
| 08065 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES | 33 | 1-1/4 cup | 0.454 |
| 08288 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal | 30 | 3/4 cup | 0.176 |
| 08067 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K | 31 | 1 cup | 0.859 |
| 08031 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, original | 51 | 1 cup | 1.422 |
| 08010 | Cereals ready-to-eat, QAKER, CAP'N CRUNCH | 27 | 3/4 cup | 0.176 |
| 08011 | Cereals ready-to-eat, QAKER, CAP'N CRUNCH with CRUNCHBERRIES | 26 | 3/4 cup | 0.166 |
| 08012 | Cereals ready-to-eat, QAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH | 27 | 3/4 cup | 0.194 |
| 08220 | Cereals ready-to-eat, QAKER, Low Fat 100% Natural Granola with Raisins | 50 | 1/2 cup | 1.045 |
| 08218 | Cereals ready-to-eat, QAKER, QAKER 100% Natural Cereal with oats, honey, and raisins | 51 | 1/2 cup | 1.193 |
| 08210 | Cereals ready-to-eat, QAKER, QAKER OAT CINNAMON LIFE | 32 | 3/4 cup | 0.810 |
| 08049 | Cereals ready-to-eat, QAKER, QAKER OAT LIFE, plain | 32 | 3/4 cup | 0.874 |
| 08219 | Cereals ready-to-eat, QAKER, QAKER toasted Oatmeal Cereal, Honey Nut | 49 | 1 cup | 1.039 |
| 08156 | Cereals ready-to-eat, rice, puffed, fortified | 14 | 1 cup | 0.210 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|--|-------------------|-------------------------------|----------------------------|
| 08084 | Cereals ready-to-eat, wheat germ, toasted, plain | 7.119 | 1 tbsp | 1.421 |
| 08157 | Cereals ready-to-eat, wheat, puffed, fortified | 12 | 1 cup | 0.211 |
| 08147 | Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free | 46 | 2 biscuits | 1.159 |
| 08091 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 242 | 1 cup | 0.044 |
| 08164 | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 242 | 1 cup | 0.044 |
| 08103 | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt | 251 | 1 cup | 0.000 |
| 08511 | Cereals, Malt-o-Meal, plain, prepared with water, without salt | 268 | 1 serving (3 T dry cereal plu | 0.000 |
| 08123 | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 177 | 1 packet | 0.988 |
| 08121 | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt | 234 | 1 cup | 1.357 |
| 08093 | Cereals, QUAKER, corn grits, instant, plain, prepared with water | 137 | 1 packet | 0.082 |
| 08131 | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water | 155 | 1 packet | 1.189 |
| 08125 | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water | 149 | 1 packet | 0.854 |
| 08143 | Cereals, WHEATENA, cooked with water | 243 | 1 cup | 1.997 |
| 01046 | Cheese food, pasteurized process, american, without di sodium phosphate | 28.35 | 1 oz | 0.021 |
| 01164 | Cheese sauce, prepared from recipe | 243 | 1 cup | 0.097 |
| 01048 | Cheese spread, pasteurized process, american, without di sodium phosphate | 28.35 | 1 oz | 0.006 |
| 01004 | Cheese, blue | 28.35 | 1 oz | 0.003 |
| 01007 | Cheese, camembert | 38 | 1 wedge | 0.014 |
| 01009 | Cheese, cheddar | 28.35 | 1 oz | 0.003 |
| 01012 | Cheese, cottage, creamed, large or small curd | 210 | 1 cup | 0.006 |
| 01013 | Cheese, cottage, creamed, with fruit | 226 | 1 cup | 0.007 |
| 01016 | Cheese, cottage, lowfat, 1% milkfat | 226 | 1 cup | 0.007 |
| 01015 | Cheese, cottage, lowfat, 2% milkfat | 226 | 1 cup | 0.007 |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 145 | 1 cup | 0.004 |
| 01017 | Cheese, cream | 14.5 | 1 tbsp | 0.001 |
| 01186 | Cheese, cream, fat free | 15.6 | 1 tbsp | 0.008 |
| 01019 | Cheese, feta | 28.35 | 1 oz | 0.008 |
| 01168 | Cheese, low fat, cheddar or colby | 28.35 | 1 oz | 0.002 |
| 01029 | Cheese, mozzarella, part skim milk, low moisture | 28.35 | 1 oz | 0.003 |
| 01026 | Cheese, mozzarella, whole milk | 28.35 | 1 oz | 0.009 |
| 01030 | Cheese, muenster | 28.35 | 1 oz | 0.002 |
| 01031 | Cheese, neufchatel | 28.35 | 1 oz | 0.001 |
| 01032 | Cheese, parmesan, grated | 5 | 1 tbsp | 0.004 |
| 01042 | Cheese, pasteurized process, american, with di sodium phosphate | 28.35 | 1 oz | 0.002 |
| 01044 | Cheese, pasteurized process, swiss, with di sodium phosphate | 28.35 | 1 oz | 0.004 |
| 01035 | Cheese, provolone | 28.35 | 1 oz | 0.003 |
| 01037 | Cheese, ricotta, part skim milk | 246 | 1 cup | 0.025 |
| 01036 | Cheese, ricotta, whole milk | 246 | 1 cup | 0.015 |
| 01040 | Cheese, swiss | 28.35 | 1 oz | 0.001 |
| 18147 | Cheesecake commercially prepared | 80 | 1 piece | 0.112 |
| 09064 | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244 | 1 cup | 0.185 |
| 09070 | Cherries, sweet, raw | 68 | 10 cherries | 0.048 |
| 22906 | Chicken pot pie, frozen entree | 217 | 1 small pie | 0.681 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 07017 | Chicken roll, light meat | 56.7 | 2 slices | 0.010 |
| 05058 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 140 | 1/2 breast | 0.076 |
| 05059 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour | 98 | 1/2 breast | 0.025 |
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 86 | 1/2 breast | 0.015 |
| 05044 | Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 84 | 3 oz | 0.028 |
| 05067 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter | 72 | 1 drumstick | 0.037 |
| 05068 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour | 49 | 1 drumstick | 0.014 |
| 05073 | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted | 44 | 1 drumstick | 0.009 |
| 05022 | Chicken, broilers or fryers, giblets, cooked, simmered | 145 | 1 cup | 0.289 |
| 05040 | Chicken, broilers or fryers, light meat, meat only, cooked, fried | 84 | 3 oz | 0.017 |
| 05090 | Chicken, broilers or fryers, neck, meat only, cooked, simmered | 18 | 1 neck | 0.009 |
| 05092 | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter | 86 | 1 thigh | 0.049 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 52 | 1 thigh | 0.011 |
| 05101 | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter | 49 | 1 wing | 0.029 |
| 05277 | Chicken, canned, meat only, with broth | 142 | 5 oz | 0.021 |
| 05028 | Chicken, liver, all classes, cooked, simmered | 19.6 | 1 liver | 0.070 |
| 05126 | Chicken, stewing, meat only, cooked, stewed | 140 | 1 cup | 0.031 |
| 16058 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned | 240 | 1 cup | 1.450 |
| 16057 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164 | 1 cup | 1.689 |
| 22904 | Chili con carne with beans, canned entree | 222 | 1 cup | 0.526 |
| 11156 | Chives, raw | 3 | 1 tbsp | 0.011 |
| 14181 | Chocolate syrup | 18.75 | 1 tbsp | 0.072 |
| 14175 | Chocolate-flavor beverage mix for milk, powder, without added nutrients | 21.6 | 2-3 heaping tsp | 0.153 |
| 14177 | Chocolate-flavor beverage mix, powder, prepared with whole milk | 266 | 1 cup | 0.170 |
| 14196 | Cocoa mix, no sugar added, powder | 15 | 1/2 oz envelope | 0.100 |
| 14192 | Cocoa mix, powder | 28.35 | 3 heaping tsp | 0.076 |
| 14194 | Cocoa mix, powder, prepared with water | 206 | 1 serving | 0.076 |
| 14390 | Cocoa mix, with aspartame, powder, prepared with water | 192 | 1 serving | 0.100 |
| 19165 | Cocoa, dry powder, unsweetened | 5.4 | 1 tbsp | 0.207 |
| 14209 | Coffee, brewed from grounds, prepared with tap water | 178 | 6 fl oz | 0.041 |
| 14210 | Coffee, brewed, espresso, restaurant-prepared | 60 | 2 fl oz | 0.030 |
| 14215 | Coffee, instant, regular, prepared with water | 179 | 6 fl oz | 0.027 |
| 18104 | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched | 63 | 1 piece | 0.284 |
| 11159 | Coleslaw, home-prepared | 120 | 1 cup | 0.116 |
| 11162 | Collards, cooked, boiled, drained, without salt | 190 | 1 cup | 0.828 |
| 11164 | Collards, frozen, chopped, cooked, boiled, drained, without salt | 170 | 1 cup | 1.127 |
| 18151 | Cookies, brownies, commercially prepared | 56 | 1 brownie | 0.072 |
| 18197 | Cookies, brownies, dry mix, special dietary, prepared | 22 | 1 brownie | 0.089 |
| 18155 | Cookies, butter, commercially prepared, enriched | 5 | 1 cookie | 0.009 |
| 18159 | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched | 10 | 1 cookie | 0.038 |
| 18158 | Cookies, chocolate chip, commercially prepared, regular, lower fat | 10 | 1 cookie | 0.045 |
| 18165 | Cookies, chocolate chip, prepared from recipe, made with margarine | 16 | 1 cookie | 0.106 |
| 18164 | Cookies, chocolate chip, refrigerated dough, baked | 26 | 1 cookie | 0.123 |
| 18166 | Cookies, chocolate sandwich, with creme filling, regular | 10 | 1 cookie | 0.063 |
| 18170 | Cookies, fig bars | 16 | 1 cookie | 0.055 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|--|-------------------|-------------------------------|----------------------------|
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 84 | 1 cup | 0.675 |
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 14 | 2 squares | 0.113 |
| 18177 | Cookies, molasses | 32 | 1 cookie, large (3-1/2" to 4" | 0.402 |
| 18177 | Cookies, molasses | 15 | 1 cookie, medium | 0.189 |
| 18456 | Cookies, oatmeal, commercially prepared, fat-free | 11 | 1 cookie | 0.087 |
| 18178 | Cookies, oatmeal, commercially prepared, regular | 25 | 1 cookie | 0.210 |
| 18179 | Cookies, oatmeal, commercially prepared, soft-type | 15 | 1 cookie | 0.063 |
| 18184 | Cookies, oatmeal, prepared from recipe, with raisins | 15 | 1 cookie | 0.148 |
| 18185 | Cookies, peanut butter, commercially prepared, regular | 15 | 1 cookie | 0.042 |
| 18189 | Cookies, peanut butter, prepared from recipe | 20 | 1 cookie | 0.114 |
| 18193 | Cookies, shortbread, commercially prepared, pecan | 14 | 1 cookie | 0.086 |
| 18192 | Cookies, shortbread, commercially prepared, plain | 8 | 1 cookie | 0.034 |
| 18204 | Cookies, sugar, commercially prepared, regular (includes vanilla) | 15 | 1 cookie | 0.002 |
| 18208 | Cookies, sugar, prepared from recipe, made with margarine | 14 | 1 cookie | 0.044 |
| 18206 | Cookies, sugar, refrigerated dough, baked | 15 | 1 cookie | 0.043 |
| 18210 | Cookies, vanilla sandwich with creme filling | 10 | 1 cookie | 0.029 |
| 18210 | Cookies, vanilla sandwich with creme filling | 15 | 1 cookie | 0.044 |
| 18212 | Cookies, vanilla wafers, lower fat | 4 | 1 cookie | 0.010 |
| 11901 | Corn, sweet, white, cooked, boiled, drained, without salt | 77 | 1 ear | 0.149 |
| 11174 | Corn, sweet, yellow, canned, cream style, regular pack | 256 | 1 cup | 0.174 |
| 11176 | Corn, sweet, yellow, canned, vacuum pack, regular pack | 210 | 1 cup | 0.141 |
| 11168 | Corn, sweet, yellow, cooked, boiled, drained, without salt | 77 | 1 ear | 0.122 |
| 11179 | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 164 | 1 cup | 0.254 |
| 11181 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 63 | 1 ear | 0.089 |
| 20022 | Cornmeal, degermed, enriched, yellow | 138 | 1 cup | 0.251 |
| 20025 | Cornmeal, self-rising, degermed, enriched, yellow | 138 | 1 cup | 0.145 |
| 20020 | Cornmeal, whole-grain, yellow | 122 | 1 cup | 0.608 |
| 20027 | Cornstarch | 8.064 | 1 tbsp | 0.004 |
| 20029 | Couscous, cooked | 157 | 1 cup | 0.132 |
| 20028 | Couscous, dry | 173 | 1 cup | 1.349 |
| 11192 | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt | 165 | 1 cup | 0.944 |
| 11196 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 170 | 1 cup | 1.345 |
| 16064 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain | 240 | 1 cup | 0.679 |
| 16063 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 172 | 1 cup | 0.817 |
| 18214 | Crackers, cheese, regular | 10 | 10 crackers | 0.063 |
| 18215 | Crackers, cheese, sandwich-type with peanut butter filling | 7 | 1 sandwich | 0.058 |
| 18217 | Crackers, matzo, plain | 28.35 | 1 matzo | 0.184 |
| 18220 | Crackers, melba toast, plain | 20 | 4 pieces | 0.226 |
| 18226 | Crackers, rye, wafers, plain | 11 | 1 wafer | 0.590 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 12 | 4 crackers | 0.078 |
| 18229 | Crackers, standard snack-type, regular | 12 | 4 crackers | 0.067 |
| 18230 | Crackers, standard snack-type, sandwich, with cheese filling | 7 | 1 sandwich | 0.020 |
| 18232 | Crackers, wheat, regular | 8 | 4 crackers | 0.142 |
| 18235 | Crackers, whole-wheat | 16 | 4 crackers | 0.360 |
| 14242 | Cranberry juice cocktail, bottled | 253 | 8 fl oz | 0.121 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 09081 | Cranberry sauce, canned, sweetened | 57 | 1 slice | 0.034 |
| 01067 | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein | 15 | 1 tbsp | 0.000 |
| 01069 | Cream substitute, powdered | 2 | 1 tsp | 0.004 |
| 01049 | Cream, fluid, half and half | 15 | 1 tbsp | 0.000 |
| 01053 | Cream, fluid, heavy whipping | 15 | 1 tbsp | 0.000 |
| 01050 | Cream, fluid, light (coffee cream or table cream) | 15 | 1 tbsp | 0.000 |
| 01052 | Cream, fluid, light whipping | 15 | 1 tbsp | 0.000 |
| 01056 | Cream, sour, cultured | 12 | 1 tbsp | 0.000 |
| 01055 | Cream, sour, reduced fat, cultured | 15 | 1 tbsp | 0.000 |
| 01054 | Cream, whipped, cream topping, pressurized | 3 | 1 tbsp | 0.000 |
| 18239 | Croissants, butter | 57 | 1 croissant | 0.188 |
| 18243 | Croutons, seasoned | 40 | 1 cup | 0.206 |
| 15137 | Crustaceans, crab, alaska king, cooked, moist heat | 85 | 3 oz | 0.034 |
| 15138 | Crustaceans, crab, alaska king, imitation, made from surimi | 85 | 3 oz | 0.009 |
| 15141 | Crustaceans, crab, blue, canned | 135 | 1 cup | 0.257 |
| 15140 | Crustaceans, crab, blue, cooked, moist heat | 85 | 3 oz | 0.162 |
| 15142 | Crustaceans, crab, blue, crab cakes | 60 | 1 cake | 0.114 |
| 15148 | Crustaceans, lobster, northern, cooked, moist heat | 85 | 3 oz | 0.052 |
| 15152 | Crustaceans, shrimp, mixed species, canned | 85.05 | 3 oz | 0.337 |
| 15150 | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 45 | 6 large | 0.045 |
| 15150 | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 85 | 3 oz | 0.085 |
| 11206 | Cucumber, peeled, raw | 280 | 1 large | 0.204 |
| 11206 | Cucumber, peeled, raw | 119 | 1 cup | 0.087 |
| 11205 | Cucumber, with peel, raw | 301 | 1 large | 0.238 |
| 11205 | Cucumber, with peel, raw | 104 | 1 cup | 0.082 |
| 11208 | Dandelion greens, cooked, boiled, drained, without salt | 105 | 1 cup | 0.242 |
| 18245 | Danish pastry, cheese | 71 | 1 danish | 0.249 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71 | 1 danish | 0.180 |
| 09087 | Dates, deglet noor | 178 | 1 cup | 0.466 |
| 09087 | Dates, deglet noor | 41.5 | 5 dates | 0.109 |
| 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 4 | 1 tbsp | 0.000 |
| 01072 | Dessert topping, pressurized | 4 | 1 tbsp | 0.002 |
| 01073 | Dessert topping, semi solid, frozen | 4 | 1 tbsp | 0.002 |
| 02045 | Dill weed, fresh | 1 | 5 sprigs | 0.013 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 14 | 1 hole | 0.041 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 47 | 1 medium | 0.136 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 13 | 1 hole | 0.050 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 60 | 1 medium | 0.231 |
| 05142 | Duck, domesticated, meat only, cooked, roasted | 221 | 1/2 duck | 0.042 |
| 18257 | Eclairs, custard-filled with chocolate glaze, prepared from recipe | 100 | 1 eclair | 0.128 |
| 01143 | Egg substitute, liquid | 62.75 | 1/4 cup | 0.004 |
| 01124 | Egg, white, raw, fresh | 33.4 | 1 large | 0.004 |
| 01128 | Egg, whole, cooked, fried | 46 | 1 large | 0.019 |
| 01129 | Egg, whole, cooked, hard-boiled | 50 | 1 large | 0.013 |
| 01131 | Egg, whole, cooked, poached | 50 | 1 large | 0.020 |
| 01132 | Egg, whole, cooked, scrambled | 61 | 1 large | 0.013 |
| 01123 | Egg, whole, raw, fresh | 50 | 1 large | 0.019 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 01123 | Egg, whole, raw, fresh | 44 | 1 medium | 0.017 |
| 01123 | Egg, whole, raw, fresh | 58 | 1 extra large | 0.022 |
| 01125 | Egg, yolk, raw, fresh | 16.6 | 1 large | 0.009 |
| 01057 | Eggnog | 254 | 1 cup | 0.013 |
| 11210 | Eggplant, cooked, boiled, drained, without salt | 99 | 1 cup | 0.112 |
| 11213 | Endive, raw | 50 | 1 cup | 0.210 |
| 18258 | English muffins, plain, enriched, with ca prop (includes sourdough) | 57 | 1 muffin | 0.288 |
| 18259 | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 52 | 1 muffin | 0.328 |
| 21047 | Entrees, fish fillet, battered or breaded, and fried | 91 | 1 fillet | 0.168 |
| 21302 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust | 106 | 1 slice | 0.360 |
| 21005 | Fast Foods, biscuit, with egg and sausage | 180 | 1 biscuit | 0.248 |
| 21061 | Fast foods, burrito, with beans and cheese | 93 | 1 burrito | 0.216 |
| 21063 | Fast foods, burrito, with beans and meat | 115.5 | 1 burrito | 0.416 |
| 21094 | Fast foods, cheeseburger, regular, double patty and bun, plain | 160 | 1 sandwich | 0.402 |
| 21093 | Fast foods, cheeseburger; double, regular patty, with condiments and vegetables | 166 | 1 sandwich | 0.299 |
| 21092 | Fast foods, cheeseburger; double, regular patty; plain | 155 | 1 sandwich | 0.281 |
| 21097 | Fast foods, cheeseburger; single, large patty; with condiments and bacon | 195 | 1 sandwich | 0.324 |
| 21098 | Fast foods, cheeseburger; single, large patty; with condiments and vegetables | 219 | 1 sandwich | 0.399 |
| 21090 | Fast foods, cheeseburger; single, regular patty, with condiments | 113 | 1 sandwich | 0.287 |
| 21089 | Fast foods, cheeseburger; single, regular patty; plain | 102 | 1 sandwich | 0.256 |
| 21102 | Fast foods, chicken fillet sandwich, plain | 182 | 1 sandwich | 0.473 |
| 21229 | Fast foods, chicken, breaded and fried, boneless pieces, plain | 106 | 6 pieces | 0.120 |
| 21042 | Fast foods, chili con carne | 253 | 1 cup | 0.397 |
| 21070 | Fast foods, chimichanga, with beef | 174 | 1 chimichanga | 0.557 |
| 21043 | Fast foods, clams, breaded and fried | 115 | 3/4 cup | 0.308 |
| 21127 | Fast foods, coleslaw | 99 | 3/4 cup | 0.124 |
| 21012 | Fast foods, croissant, with egg, cheese, and bacon | 129 | 1 croissant | 0.222 |
| 21015 | Fast foods, danish pastry, cheese | 91 | 1 pastry | 0.350 |
| 21017 | Fast foods, danish pastry, fruit | 94 | 1 pastry | 0.193 |
| 21074 | Fast foods, enchilada, with cheese | 163 | 1 enchilada | 0.240 |
| 21021 | Fast foods, english muffin, with egg, cheese, and canadian bacon | 137 | 1 muffin | 0.258 |
| 21106 | Fast foods, fish sandwich, with tartar sauce and cheese | 183 | 1 sandwich | 0.362 |
| 21024 | Fast foods, french toast sticks | 141 | 5 sticks | 0.550 |
| 21023 | Fast foods, french toast with butter | 135 | 2 slices | 0.209 |
| 21077 | Fast foods, frijoles with cheese | 167 | 1 cup | 0.503 |
| 21114 | Fast foods, hamburger; double, large patty; with condiments and vegetables | 226 | 1 sandwich | 0.249 |
| 21111 | Fast foods, hamburger; double, regular patty; with condiments | 215 | 1 sandwich | 0.325 |
| 21113 | Fast foods, hamburger; single, large patty; with condiments and vegetables | 218 | 1 sandwich | 0.349 |
| 21108 | Fast foods, hamburger; single, regular patty; with condiments | 106 | 1 sandwich | 0.287 |
| 21118 | Fast foods, hotdog, plain | 98 | 1 sandwich | 0.091 |
| 21119 | Fast foods, hotdog, with chili | 114 | 1 sandwich | 0.114 |
| 21120 | Fast foods, hotdog, with corn flour coating (corndog) | 175 | 1 corn dog | 0.193 |
| 21129 | Fast foods, hush puppies | 78 | 5 pieces | 0.267 |
| 21028 | Fast foods, ice milk, vanilla, soft-serve, with cone | 103 | 1 cone | 0.021 |
| 21078 | Fast foods, nachos, with cheese | 113 | 6-8 nachos | 0.224 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|----------------------------|----------------------------|
| 21130 | Fast foods, onion rings, breaded and fried | 83 | 8-9 rings | 0.296 |
| 21025 | Fast foods, pancakes with butter and syrup | 232 | 2 pancakes | 0.322 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 85 | 1 small | 0.203 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 169 | 1 large | 0.404 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 134 | 1 medium | 0.320 |
| 21139 | Fast foods, potato, mashed | 80 | 1/3 cup | 0.094 |
| 21026 | Fast foods, potatoes, hashed brown | 72 | 1/2 cup | 0.105 |
| 21121 | Fast foods, roast beef sandwich, plain | 139 | 1 sandwich | 0.125 |
| 21053 | Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg | 217 | 1-1/2 cups | 0.273 |
| 21054 | Fast foods, salad, vegetable, tossed, without dressing, with chicken | 218 | 1-1/2 cups | 0.249 |
| 21059 | Fast foods, shrimp, breaded and fried | 164 | 6-8 shrimp | 0.333 |
| 21124 | Fast foods, submarine sandwich, with cold cuts | 228 | 1 sandwich, 6" roll | 0.531 |
| 21125 | Fast foods, submarine sandwich, with roast beef | 216 | 1 sandwich, 6" roll | 0.432 |
| 21126 | Fast foods, submarine sandwich, with tuna salad | 256 | 1 sandwich, 6" roll | 0.512 |
| 21033 | Fast foods, sundae, hot fudge | 158 | 1 sundae | 0.126 |
| 21082 | Fast foods, taco | 263 | 1 large | 0.676 |
| 21082 | Fast foods, taco | 171 | 1 small | 0.439 |
| 21083 | Fast foods, taco salad | 198 | 1-1/2 cups | 0.331 |
| 21086 | Fast foods, tostada, with beans, beef, and cheese | 225 | 1 tostada | 0.360 |
| 09094 | Figs, dried, uncooked | 38 | 2 figs | 0.194 |
| 15011 | Fish, catfish, channel, cooked, breaded and fried | 85 | 3 oz | 0.034 |
| 15017 | Fish, cod, Atlantic, canned, solids and liquid | 85 | 3 oz | 0.017 |
| 15192 | Fish, cod, Pacific, cooked, dry heat | 85 | 3 oz | 0.013 |
| 15027 | Fish, fish portions and sticks, frozen, preheated | 28 | 1 stick (4" x 1" x 1/2") | 0.059 |
| 15027 | Fish, fish portions and sticks, frozen, preheated | 57 | 1 portion (4" x 2" x 1/2") | 0.121 |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 127 | 1 fillet | 0.025 |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 85 | 3 oz | 0.017 |
| 15034 | Fish, haddock, cooked, dry heat | 85 | 3 oz | 0.026 |
| 15034 | Fish, haddock, cooked, dry heat | 150 | 1 fillet | 0.045 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 159 | 1/2 fillet | 0.032 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 85 | 3 oz | 0.017 |
| 15041 | Fish, herring, Atlantic, pickled | 85.05 | 3 oz | 0.034 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 85 | 3 oz | 0.017 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 50 | 1 fillet | 0.010 |
| 15067 | Fish, pollock, walleye, cooked, dry heat | 85 | 3 oz | 0.017 |
| 15067 | Fish, pollock, walleye, cooked, dry heat | 60 | 1 fillet | 0.012 |
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 149 | 1 fillet | 0.030 |
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 85 | 3 oz | 0.017 |
| 15232 | Fish, roughy, orange, cooked, dry heat | 85 | 3 oz | 0.031 |
| 15077 | Fish, salmon, chinook, smoked | 85.05 | 3 oz | 0.014 |
| 15084 | Fish, salmon, pink, canned, solids with bone and liquid | 85 | 3 oz | 0.017 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 85 | 3 oz | 0.017 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 155 | 1/2 fillet | 0.031 |
| 15088 | Fish, sardine, Atlantic, canned in oil, drained solids with bone | 85.05 | 3 oz | 0.092 |
| 15111 | Fish, swordfish, cooked, dry heat | 85 | 3 oz | 0.017 |
| 15111 | Fish, swordfish, cooked, dry heat | 106 | 1 piece | 0.021 |
| 15241 | Fish, trout, rainbow, farmed, cooked, dry heat | 85 | 3 oz | 0.017 |
| 15128 | Fish, tuna salad | 205 | 1 cup | 0.082 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 15119 | Fish, tuna, light, canned in oil, drained solids | 85.05 | 3 oz | 0.013 |
| 15121 | Fish, tuna, light, canned in water, drained solids | 85 | 3 oz | 0.009 |
| 15126 | Fish, tuna, white, canned in water, drained solids | 85 | 3 oz | 0.016 |
| 15221 | Fish, tuna, yellowfin, fresh, cooked, dry heat | 85 | 3 oz | 0.016 |
| 07022 | Frankfurter, beef | 45 | 1 frank | 0.037 |
| 07023 | Frankfurter, beef and pork | 45 | 1 frank | 0.014 |
| 07024 | Frankfurter, chicken | 45 | 1 frank | 0.027 |
| 18268 | French toast, frozen, ready-to-heat | 59 | 1 slice | 0.145 |
| 18269 | French toast, prepared from recipe, made with low fat (2%) milk | 65 | 1 slice | 0.122 |
| 19226 | Frostings, chocolate, creamy, ready-to-eat | 38 | 1/12 package | 0.091 |
| 19230 | Frostings, vanilla, creamy, ready-to-eat | 38 | 1/12 package | 0.000 |
| 19263 | Frozen novelties, fruit and juice bars | 77 | 1 bar (2.5 fl oz) | 0.127 |
| 19281 | Frozen novelties, ice type, italian, restaurant-prepared | 116 | 1/2 cup | 0.023 |
| 19283 | Frozen novelties, ice type, pop | 59 | 1 bar (2 fl oz) | 0.000 |
| 19393 | Frozen yogurts, chocolate, soft-serve | 72 | 1/2 cup | 0.087 |
| 19293 | Frozen yogurts, vanilla, soft-serve | 72 | 1/2 cup | 0.009 |
| 19294 | Fruit butters, apple | 17 | 1 tbsp | 0.054 |
| 09100 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248 | 1 cup | 0.357 |
| 09097 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 237 | 1 cup | 0.346 |
| 14267 | Fruit punch drink, with added nutrients, canned | 248 | 8 fl oz | 0.208 |
| 09189 | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened | 250 | 1 cup | 0.160 |
| 35142 | Frybread, made with lard (Navajo) | 90 | 5" bread | 0.267 |
| 35142 | Frybread, made with lard (Navajo) | 160 | 10-1/2" bread | 0.475 |
| 11215 | Garlic, raw | 3 | 1 clove | 0.050 |
| 19173 | Gelatin desserts, dry mix, prepared with water | 135 | 1/2 cup | 0.003 |
| 19176 | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 117 | 1/2 cup | 0.000 |
| 14277 | Grape drink, canned | 250 | 8 fl oz | 0.068 |
| 09135 | Grape juice, canned or bottled, unsweetened, without added vitamin C | 253 | 1 cup | 0.911 |
| 09137 | Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C | 250 | 1 cup | 0.443 |
| 09136 | Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C | 216 | 6-fl-oz can | 1.333 |
| 09404 | Grapefruit juice, pink, raw | 247 | 1 cup | 0.049 |
| 09124 | Grapefruit juice, white, canned, sweetened | 250 | 1 cup | 0.050 |
| 09123 | Grapefruit juice, white, canned, unsweetened | 247 | 1 cup | 0.049 |
| 09126 | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water | 247 | 1 cup | 0.049 |
| 09125 | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted | 207 | 6-fl-oz can | 0.145 |
| 09128 | Grapefruit juice, white, raw | 247 | 1 cup | 0.049 |
| 09112 | Grapefruit, raw, pink and red, all areas | 123 | 1/2 grapefruit | 0.027 |
| 09116 | Grapefruit, raw, white, all areas | 118 | 1/2 grapefruit | 0.015 |
| 09121 | Grapefruit, sections, canned, light syrup pack, solids and liquids | 254 | 1 cup | 0.018 |
| 09132 | Grapes, red or green (European type, such as Thompson seedless), raw | 160 | 1 cup | 0.114 |
| 09132 | Grapes, red or green (European type, such as Thompson seedless), raw | 50 | 10 grapes | 0.036 |
| 06116 | Gravy, beef, canned, ready-to-serve | 58.25 | 1/4 cup | 0.117 |
| 06119 | Gravy, chicken, canned, ready-to-serve | 59.5 | 1/4 cup | 0.119 |
| 06121 | Gravy, mushroom, canned | 59.6 | 1/4 cup | 0.179 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|--|-------------------|-----------------------|----------------------------|
| 06125 | Gravy, turkey, canned, ready-to-serve | 59.6 | 1/4 cup | 0.119 |
| 07028 | Ham, sliced, extra lean | 56.7 | 2 slices | 0.012 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 56.7 | 2 slices | 0.316 |
| 11961 | Hearts of palm, canned | 33 | 1 piece | 0.460 |
| 19296 | Honey | 21 | 1 tbsp | 0.017 |
| 02055 | Horseradish, prepared | 5 | 1 tsp | 0.006 |
| 16158 | Hummus, commercial | 14 | 1 tbsp | 0.108 |
| 19270 | Ice creams, chocolate | 66 | 1/2 cup | 0.092 |
| 19090 | Ice creams, french vanilla, soft-serve | 86 | 1/2 cup | 0.004 |
| 19095 | Ice creams, vanilla | 66 | 1/2 cup | 0.005 |
| 19088 | Ice creams, vanilla, light | 66 | 1/2 cup | 0.003 |
| 19089 | Ice creams, vanilla, rich | 74 | 1/2 cup | 0.003 |
| 19297 | Jams and preserves | 20 | 1 tbsp | 0.008 |
| 19300 | Jellies | 19 | 1 tbsp | 0.025 |
| 11226 | Jerusalem-artichokes, raw | 150 | 1 cup | 0.090 |
| 11234 | Kale, cooked, boiled, drained, without salt | 130 | 1 cup | 0.541 |
| 11236 | Kale, frozen, cooked, boiled, drained, without salt | 130 | 1 cup | 0.585 |
| 09148 | Kiwi fruit, (chinese gooseberries), fresh, raw | 76 | 1 medium | 0.074 |
| 11242 | Kohlrabi, cooked, boiled, drained, without salt | 165 | 1 cup | 0.234 |
| 17012 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 0.020 |
| 17014 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 0.024 |
| 17024 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85 | 3 oz | 0.019 |
| 17027 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85 | 3 oz | 0.024 |
| 17031 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 0.016 |
| 17034 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 0.024 |
| 17044 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85 | 3 oz | 0.020 |
| 17048 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85 | 3 oz | 0.024 |
| 04002 | Lard | 12.8 | 1 tbsp | 0.000 |
| 18369 | Leavening agents, baking powder, double-acting, sodium aluminum sulfate | 4.6 | 1 tsp | 0.001 |
| 18370 | Leavening agents, baking powder, double-acting, straight phosphate | 4.6 | 1 tsp | 0.001 |
| 18371 | Leavening agents, baking powder, low-sodium | 5 | 1 tsp | 0.021 |
| 18372 | Leavening agents, baking soda | 4.6 | 1 tsp | 0.000 |
| 18373 | Leavening agents, cream of tartar | 3 | 1 tsp | 0.006 |
| 18375 | Leavening agents, yeast, baker's, active dry | 4 | 1 tsp | 0.022 |
| 18375 | Leavening agents, yeast, baker's, active dry | 7 | 1 pkg | 0.039 |
| 18374 | Leavening agents, yeast, baker's, compressed | 17 | 1 cake | 0.034 |
| 11247 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 104 | 1 cup | 0.257 |
| 09153 | Lemon juice, canned or bottled | 244 | 1 cup | 0.049 |
| 09153 | Lemon juice, canned or bottled | 15.2 | 1 tbsp | 0.003 |
| 09152 | Lemon juice, raw | 47 | juice of 1 lemon | 0.004 |
| 14293 | Lemonade, frozen concentrate, white, prepared with water | 248 | 8 fl oz | 0.012 |
| 14290 | Lemonade, low calorie, with aspartame, powder, prepared with water | 237 | 8 fl oz | 0.002 |
| 14297 | Lemonade-flavor drink, powder, prepared with water | 266 | 8 fl oz | 0.000 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 09150 | Lemons, raw, without peel | 58 | 1 lemon | 0.017 |
| 16070 | Lentils, mature seeds, cooked, boiled, without salt | 198 | 1 cup | 0.978 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 7.5 | 1 medium leaf | 0.013 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 163 | 1 head | 0.292 |
| 11251 | Lettuce, cos or romaine, raw | 10 | 1 leaf | 0.016 |
| 11251 | Lettuce, cos or romaine, raw | 56 | 1 cup | 0.087 |
| 11253 | Lettuce, green leaf, raw | 56 | 1 cup | 0.140 |
| 11253 | Lettuce, green leaf, raw | 10 | 1 leaf | 0.025 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 55 | 1 cup | 0.069 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 8 | 1 medium | 0.010 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 539 | 1 head | 0.674 |
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 180 | 1 cup | 1.463 |
| 11038 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170 | 1 cup | 1.102 |
| 16073 | Lima beans, large, mature seeds, canned | 241 | 1 cup | 0.875 |
| 16072 | Lima beans, large, mature seeds, cooked, boiled, without salt | 188 | 1 cup | 0.970 |
| 09161 | Lime juice, canned or bottled, unsweetened | 246 | 1 cup | 0.020 |
| 09161 | Lime juice, canned or bottled, unsweetened | 15.4 | 1 tbspcup | 0.001 |
| 09160 | Lime juice, raw | 38 | juice of 1 lime | 0.007 |
| 22247 | Macaroni and Cheese, canned entree | 252 | 1 cup | 0.564 |
| 20100 | Macaroni, cooked, enriched | 140 | 1 cup | 0.451 |
| 14315 | Malted drink mix, chocolate, with added nutrients, powder | 21 | 3 heaping tsp | 0.132 |
| 14316 | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265 | 1 cup | 0.140 |
| 14309 | Malted drink mix, natural, with added nutrients, powder | 21 | 4-5 heaping tsp | 0.068 |
| 14310 | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk | 265 | 1 cup | 0.098 |
| 09176 | Mangos, raw | 207 | 1 mango | 0.056 |
| 09176 | Mangos, raw | 165 | 1 cup | 0.045 |
| 04611 | Margarine, regular, tub, composite, 80% fat, with salt | 14.2 | 1 tbspcup | 0.000 |
| 04612 | Margarine, vegetable oil spread, 60% fat, stick | 14.3 | 1 tbspcup | 0.000 |
| 04612 | Margarine, vegetable oil spread, 60% fat, stick | 4.8 | 1 tsp | 0.000 |
| 04585 | Margarine-butter blend, soybean oil and butter | 14.2 | 1 tbspcup | 0.001 |
| 04128 | Margarine-like spread, (approximately 37% fat), unspecified oils | 4.8 | 1 tsp | 0.000 |
| 09181 | Melons, cantaloupe, raw | 160 | 1 cup | 0.066 |
| 09181 | Melons, cantaloupe, raw | 69 | 1/8 melon | 0.028 |
| 09184 | Melons, honeydew, raw | 170 | 1 cup | 0.046 |
| 09184 | Melons, honeydew, raw | 160 | 1/8 melon | 0.043 |
| 01110 | Milk shakes, thick chocolate | 300 | 10.6 fl oz | 0.117 |
| 01111 | Milk shakes, thick vanilla | 313 | 11 fl oz | 0.044 |
| 01094 | Milk, buttermilk, dried | 6.5 | 1 tbspcup | 0.001 |
| 01088 | Milk, buttermilk, fluid, cultured, lowfat | 245 | 1 cup | 0.005 |
| 01095 | Milk, canned, condensed, sweetened | 306 | 1 cup | 0.018 |
| 01097 | Milk, canned, evaporated, nonfat | 256 | 1 cup | 0.015 |
| 01096 | Milk, canned, evaporated, without added vitamin A | 252 | 1 cup | 0.015 |
| 01104 | Milk, chocolate, fluid, commercial, lowfat | 250 | 1 cup | 0.193 |
| 01103 | Milk, chocolate, fluid, commercial, reduced fat | 250 | 1 cup | 0.155 |
| 01102 | Milk, chocolate, fluid, commercial, whole | 250 | 1 cup | 0.193 |
| 01092 | Milk, dry, nonfat, instant, with added vitamin A | 23 | 1/3 cup | 0.005 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 01082 | Milk, lowfat, fluid, 1% milkfat, with added vitamin A | 244 | 1 cup | 0.007 |
| 01085 | Milk, nonfat, fluid, with added vitamin A (fat free or skim) | 245 | 1 cup | 0.007 |
| 01079 | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A | 244 | 1 cup | 0.007 |
| 01077 | Milk, whole, 3.25% milkfat | 244 | 1 cup | 0.007 |
| 16112 | Miso | 68.75 | 1 cup | 0.591 |
| 15160 | Mollusks, clam, mixed species, canned, drained solids | 85 | 3 oz | 0.850 |
| 15157 | Mollusks, clam, mixed species, raw | 85 | 3 oz | 0.425 |
| 15168 | Mollusks, oyster, eastern, cooked, breaded and fried | 85 | 3 oz | 0.417 |
| 15167 | Mollusks, oyster, eastern, wild, raw | 84 | 6 medium | 0.308 |
| 15173 | Mollusks, scallop, mixed species, cooked, breaded and fried | 93 | 6 large | 0.130 |
| 18274 | Muffins, blueberry, commercially prepared (Includes mini-muffins) | 57 | 1 muffin | 0.447 |
| 18278 | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk | 57 | 1 muffin | 0.178 |
| 18279 | Muffins, corn, commercially prepared | 57 | 1 muffin | 0.202 |
| 18280 | Muffins, corn, dry mix, prepared | 50 | 1 muffin | 0.111 |
| 18283 | Muffins, oat bran | 57 | 1 muffin | 1.499 |
| 18388 | Muffins, wheat bran, toaster-type with raisins, toasted | 34 | 1 muffin | 0.147 |
| 11044 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 124 | 1 cup | 0.174 |
| 11043 | Mung beans, mature seeds, sprouted, raw | 104 | 1 cup | 0.196 |
| 11264 | Mushrooms, canned, drained solids | 156 | 1 cup | 0.134 |
| 11261 | Mushrooms, cooked, boiled, drained, without salt | 156 | 1 cup | 0.179 |
| 11269 | Mushrooms, shiitake, cooked, without salt | 145 | 1 cup | 0.296 |
| 11268 | Mushrooms, shiitake, dried | 3.6 | 1 mushroom | 0.042 |
| 11260 | Mushrooms, white, raw | 70 | 1 cup | 0.033 |
| 11271 | Mustard greens, cooked, boiled, drained, without salt | 140 | 1 cup | 0.384 |
| 02046 | Mustard, prepared, yellow | 5 | 1 tsp or 1 packet | 0.021 |
| 09191 | Nectarines, raw | 136 | 1 nectarine | 0.073 |
| 20113 | Noodles, chinese, chow mein | 45 | 1 cup | 0.611 |
| 20110 | Noodles, egg, cooked, enriched | 160 | 1 cup | 0.504 |
| 20112 | Noodles, egg, spinach, cooked, enriched | 160 | 1 cup | 0.507 |
| 12061 | Nuts, almonds | 28.35 | 1 oz (24 nuts) | 0.648 |
| 12078 | Nuts, brazilnuts, dried, unblanched | 28.35 | 1 oz (6-8 nuts) | 0.347 |
| 12585 | Nuts, cashew nuts, dry roasted, with salt added | 28.35 | 1 oz | 0.234 |
| 12586 | Nuts, cashew nuts, oil roasted, with salt added | 28.35 | 1 oz (18 nuts) | 0.473 |
| 12167 | Nuts, chestnuts, european, roasted | 143 | 1 cup | 1.687 |
| 12179 | Nuts, coconut meat, dried (desiccated), sweetened, shredded | 93 | 1 cup | 2.302 |
| 12104 | Nuts, coconut meat, raw | 45 | 1 piece | 0.675 |
| 12120 | Nuts, hazelnuts or filberts | 28.35 | 1 oz | 1.751 |
| 12632 | Nuts, macadamia nuts, dry roasted, with salt added | 28.35 | 1 oz (10-12 nuts) | 0.861 |
| 12635 | Nuts, mixed nuts, dry roasted, with peanuts, with salt added | 28.35 | 1 oz | 0.549 |
| 12637 | Nuts, mixed nuts, with peanuts, oil roasted, with salt added | 28.35 | 1 oz | 0.536 |
| 12142 | Nuts, pecans | 28.35 | 1 oz (20 halves) | 1.276 |
| 12147 | Nuts, pine nuts, dried | 8.6 | 1 tbsp | 0.757 |
| 12147 | Nuts, pine nuts, dried | 28.35 | 1 oz | 2.495 |
| 12652 | Nuts, pistachio nuts, dry roasted, with salt added | 28.35 | 1 oz (47 nuts) | 0.361 |
| 12155 | Nuts, walnuts, english | 28.35 | 1 oz (14 halves) | 0.968 |
| 20034 | Oat bran, cooked | 219 | 1 cup | 2.111 |
| 20033 | Oat bran, raw | 94 | 1 cup | 5.292 |
| 04053 | Oil, olive, salad or cooking | 13.5 | 1 tbsp | 0.000 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 04511 | Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) | 13.6 | 1 tbsp | 0.000 |
| 04582 | Oil, vegetable, canola | 14 | 1 tbsp | 0.000 |
| 11279 | Okra, cooked, boiled, drained, without salt | 160 | 1 cup | 0.470 |
| 11281 | Okra, frozen, cooked, boiled, drained, without salt | 184 | 1 cup | 1.879 |
| 09193 | Olives, ripe, canned (small-extra large) | 22 | 5 large | 0.004 |
| 11296 | Onion rings, breaded, par fried, frozen, prepared, heated in oven | 60 | 10 rings | 0.252 |
| 11283 | Onions, cooked, boiled, drained, without salt | 210 | 1 cup | 0.321 |
| 11283 | Onions, cooked, boiled, drained, without salt | 94 | 1 medium | 0.144 |
| 11284 | Onions, dehydrated flakes | 5 | 1 tbsp | 0.069 |
| 11282 | Onions, raw | 14 | 1 slice | 0.018 |
| 11282 | Onions, raw | 160 | 1 cup | 0.206 |
| 11282 | Onions, raw | 110 | 1 whole | 0.142 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 15 | 1 whole | 0.024 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 100 | 1 cup | 0.160 |
| 09207 | Orange juice, canned, unsweetened | 249 | 1 cup | 0.035 |
| 09209 | Orange juice, chilled, includes from concentrate | 249 | 1 cup | 0.057 |
| 09215 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 249 | 1 cup | 0.035 |
| 09214 | Orange juice, frozen concentrate, unsweetened, undiluted | 213 | 6-fl-oz can | 0.102 |
| 09206 | Orange juice, raw | 86 | juice from 1 orange | 0.012 |
| 09206 | Orange juice, raw | 248 | 1 cup | 0.035 |
| 09200 | Oranges, raw, all commercial varieties | 180 | 1 cup | 0.045 |
| 09200 | Oranges, raw, all commercial varieties | 131 | 1 orange | 0.033 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 36 | 1 pancake | 0.056 |
| 18290 | Pancakes, plain, dry mix, complete, prepared | 38 | 1 pancake | 0.103 |
| 18292 | Pancakes, plain, dry mix, incomplete, prepared | 38 | 1 pancake | 0.053 |
| 09226 | Papayas, raw | 140 | 1 cup | 0.015 |
| 09226 | Papayas, raw | 304 | 1 papaya | 0.033 |
| 11297 | Parsley, raw | 10 | 10 sprigs | 0.016 |
| 11299 | Parsnips, cooked, boiled, drained, without salt | 156 | 1 cup | 0.459 |
| 22907 | Pasta with meatballs in tomato sauce, canned entree | 252 | 1 cup | 0.393 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 98 | 1 half | 0.044 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 262 | 1 cup | 0.118 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 248 | 1 cup | 0.119 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 98 | 1 half | 0.047 |
| 09246 | Peaches, dried, sulfured, uncooked | 39 | 3 halves | 0.119 |
| 09250 | Peaches, frozen, sliced, sweetened | 250 | 1 cup | 0.073 |
| 09236 | Peaches, raw | 170 | 1 cup | 0.104 |
| 09236 | Peaches, raw | 98 | 1 peach | 0.060 |
| 16097 | Peanut butter, chunk style, with salt | 16 | 1 tbsp | 0.288 |
| 16098 | Peanut butter, smooth style, with salt | 16 | 1 tbsp | 0.235 |
| 16090 | Peanuts, all types, dry-roasted, with salt | 28.35 | 1 oz (approx 28) | 0.591 |
| 16390 | Peanuts, all types, dry-roasted, without salt | 28.35 | 1 oz (approx 28) | 0.591 |
| 16089 | Peanuts, all types, oil-roasted, with salt | 28.35 | 1 oz | 0.523 |
| 09340 | Pears, asian, raw | 275 | 1 pear | 0.165 |
| 09340 | Pears, asian, raw | 122 | 1 pear | 0.073 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 266 | 1 cup | 0.085 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 76 | 1 half | 0.024 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 09254 | Pears, canned, juice pack, solids and liquids | 248 | 1 cup | 0.084 |
| 09254 | Pears, canned, juice pack, solids and liquids | 76 | 1 half | 0.026 |
| 09252 | Pears, raw | 166 | 1 pear | 0.081 |
| 11301 | Peas, edible-podded, boiled, drained, without salt | 160 | 1 cup | 0.269 |
| 11303 | Peas, edible-podded, frozen, cooked, boiled, drained, without salt | 160 | 1 cup | 0.448 |
| 11308 | Peas, green, canned, regular pack, drained solids | 170 | 1 cup | 0.515 |
| 11313 | Peas, green, frozen, cooked, boiled, drained, without salt | 160 | 1 cup | 0.446 |
| 16086 | Peas, split, mature seeds, cooked, boiled, without salt | 196 | 1 cup | 0.776 |
| 11670 | Peppers, hot chili, green, raw | 45 | 1 pepper | 0.107 |
| 11819 | Peppers, hot chili, red, raw | 45 | 1 pepper | 0.084 |
| 11632 | Peppers, jalapeno, canned, solids and liquids | 26 | 1/4 cup | 0.030 |
| 11334 | Peppers, sweet, green, cooked, boiled, drained, without salt | 136 | 1 cup | 0.156 |
| 11333 | Peppers, sweet, green, raw | 119 | 1 pepper | 0.145 |
| 11333 | Peppers, sweet, green, raw | 149 | 1 cup | 0.182 |
| 11333 | Peppers, sweet, green, raw | 10 | 1 ring | 0.012 |
| 11823 | Peppers, sweet, red, cooked, boiled, drained, without salt | 136 | 1 cup | 0.156 |
| 11821 | Peppers, sweet, red, raw | 119 | 1 pepper | 0.133 |
| 11821 | Peppers, sweet, red, raw | 149 | 1 cup | 0.167 |
| 11945 | Pickle relish, sweet | 15 | 1 tbsp | 0.002 |
| 11937 | Pickles, cucumber, dill or kosher dill | 65 | 1 pickle | 0.031 |
| 18330 | Pie crust, cookie-type, prepared from recipe, graham cracker, baked | 239 | 1 pie shell | 1.107 |
| 18335 | Pie crust, standard-type, frozen, ready-to-bake, baked | 126 | 1 pie shell | 0.775 |
| 18336 | Pie crust, standard-type, prepared from recipe, baked | 180 | 1 pie shell | 0.774 |
| 19312 | Pie fillings, apple, canned | 74 | 1/8 of 21-oz can | 0.020 |
| 19314 | Pie fillings, canned, cherry | 74 | 1/8 of 21-oz can | 0.022 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 117 | 1 piece | 0.213 |
| 18302 | Pie, apple, prepared from recipe | 155 | 1 piece | 0.287 |
| 18305 | Pie, blueberry, commercially prepared | 117 | 1 piece | 0.206 |
| 18306 | Pie, blueberry, prepared from recipe | 147 | 1 piece | 0.441 |
| 18308 | Pie, cherry, commercially prepared | 117 | 1 piece | 0.164 |
| 18309 | Pie, cherry, prepared from recipe | 180 | 1 piece | 0.360 |
| 18310 | Pie, chocolate creme, commercially prepared | 113 | 1 piece | 0.226 |
| 18316 | Pie, coconut custard, commercially prepared | 104 | 1 piece | 0.218 |
| 18444 | Pie, fried pies, cherry | 128 | 1 pie | 0.287 |
| 18319 | Pie, fried pies, fruit | 128 | 1 pie | 0.287 |
| 18320 | Pie, lemon meringue, commercially prepared | 113 | 1 piece | 0.068 |
| 18321 | Pie, lemon meringue, prepared from recipe | 127 | 1 piece | 0.163 |
| 18324 | Pie, pecan, commercially prepared | 113 | 1 piece | 0.892 |
| 18325 | Pie, pecan, prepared from recipe | 122 | 1 piece | 0.869 |
| 18326 | Pie, pumpkin, commercially prepared | 109 | 1 piece | 0.262 |
| 18327 | Pie, pumpkin, prepared from recipe | 155 | 1 piece | 0.307 |
| 11943 | Pimento, canned | 12 | 1 tbsp | 0.011 |
| 14334 | Pineapple and grapefruit juice drink, canned | 250 | 8 fl oz | 1.033 |
| 14341 | Pineapple and orange juice drink, canned | 250 | 8 fl oz | 0.903 |
| 09273 | Pineapple juice, canned, unsweetened, without added ascorbic acid | 250 | 1 cup | 1.260 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 49 | 1 slice | 0.529 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 254 | 1 cup | 2.743 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 249 | 1 cup | 2.791 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|--|-------------------|-----------------------|----------------------------|
| 09268 | Pineapple, canned, juice pack, solids and liquids | 47 | 1 slice | 0.527 |
| 09266 | Pineapple, raw, all varieties | 155 | 1 cup | 1.437 |
| 21224 | Pizza, cheese topping, regular crust, frozen, cooked | 63 | 1 serving | 0.183 |
| 21226 | Pizza, meat and vegetable topping, regular crust, frozen, cooked | 79 | 1 serving | 0.255 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 258 | 1 cup | 0.080 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 46 | 1 plum | 0.014 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 252 | 1 cup | 0.083 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 46 | 1 plum | 0.015 |
| 09292 | Plums, dried (prunes), stewed, without added sugar | 248 | 1 cup | 0.325 |
| 09291 | Plums, dried (prunes), uncooked | 42 | 5 prunes | 0.126 |
| 09279 | Plums, raw | 66 | 1 plum | 0.034 |
| 07065 | Pork and beef sausage, fresh, cooked | 26 | 2 links | 0.010 |
| 07064 | Pork sausage, fresh, cooked | 26 | 2 links | 0.001 |
| 07064 | Pork sausage, fresh, cooked | 27 | 1 patty | 0.001 |
| 10124 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted | 19 | 3 medium slices | 0.004 |
| 10131 | Pork, cured, canadian-style bacon, grilled | 46.5 | 2 slices | 0.013 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 85 | 3 oz | 0.022 |
| 10151 | Pork, cured, ham, whole, separable lean and fat, roasted | 85 | 3 oz | 0.012 |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 85 | 3 oz | 0.014 |
| 10193 | Pork, fresh, backribs, separable lean and fat, cooked, roasted | 85 | 3 oz | 0.008 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 85 | 3 oz | 0.027 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 85 | 3 oz | 0.031 |
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 85 | 3 oz | 0.008 |
| 10179 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 85 | 3 oz | 0.009 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 85 | 3 oz | 0.008 |
| 10176 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 85 | 3 oz | 0.010 |
| 10047 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 85 | 3 oz | 0.009 |
| 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 85 | 3 oz | 0.009 |
| 10205 | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised | 85 | 3 oz | 0.009 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 85 | 3 oz | 0.012 |
| 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 85 | 3 oz | 0.014 |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 85 | 3 oz | 0.012 |
| 11672 | Potato pancakes | 76 | 1 pancake | 0.198 |
| 11399 | Potato puffs, frozen, oven-heated | 79 | 10 puffs | 0.100 |
| 11414 | Potato salad, home-prepared | 250 | 1 cup | 0.253 |
| 11674 | Potato, baked, flesh and skin, without salt | 202 | 1 potato | 0.442 |
| 11385 | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter | 245 | 1 cup | 0.319 |
| 11373 | Potatoes, au gratin, home-prepared from recipe using butter | 245 | 1 cup | 0.394 |
| 11363 | Potatoes, baked, flesh, without salt | 156 | 1 potato | 0.251 |
| 11364 | Potatoes, baked, skin, without salt | 58 | 1 skin | 0.357 |
| 11365 | Potatoes, boiled, cooked in skin, flesh, without salt | 136 | 1 potato | 0.188 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 135 | 1 potato | 0.189 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 156 | 1 cup | 0.218 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 11403 | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 50 | 10 strips | 0.105 |
| 11391 | Potatoes, hashed brown, frozen, plain, prepared | 29 | 1 patty | 0.065 |
| 11370 | Potatoes, hashed brown, home-prepared | 156 | 1 cup | 0.385 |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 210 | 1 cup | 0.044 |
| 11657 | Potatoes, mashed, home-prepared, whole milk added | 210 | 1 cup | 0.250 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added | 210 | 1 cup | 0.235 |
| 11387 | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter | 245 | 1 cup | 0.443 |
| 11372 | Potatoes, scalloped, home-prepared with butter | 245 | 1 cup | 0.407 |
| 05306 | Poultry food products, ground turkey, cooked | 82 | 1 patty | 0.016 |
| 09294 | Prune juice, canned | 256 | 1 cup | 0.387 |
| 19123 | Puddings, chocolate, dry mix, instant, prepared with 2% milk | 147 | 1/2 cup | 0.091 |
| 19190 | Puddings, chocolate, dry mix, regular, prepared with 2% milk | 142 | 1/2 cup | 0.061 |
| 19183 | Puddings, chocolate, ready-to-eat | 113 | 4 oz | 0.133 |
| 19193 | Puddings, rice, ready-to-eat | 113.4 | 4 oz | 0.143 |
| 19218 | Puddings, tapioca, ready-to-eat | 113 | 4 oz | 0.012 |
| 19212 | Puddings, vanilla, dry mix, regular, prepared with 2% milk | 140 | 1/2 cup | 0.006 |
| 19201 | Puddings, vanilla, ready-to-eat | 113 | 4 oz | 0.012 |
| 11424 | Pumpkin, canned, without salt | 245 | 1 cup | 0.365 |
| 11423 | Pumpkin, cooked, boiled, drained, without salt | 245 | 1 cup | 0.218 |
| 11429 | Radishes, raw | 4.5 | 1 radish | 0.003 |
| 09298 | Raisins, seedless | 14 | 1 packet | 0.042 |
| 09298 | Raisins, seedless | 145 | 1 cup | 0.434 |
| 09306 | Raspberries, frozen, red, sweetened | 250 | 1 cup | 1.625 |
| 09302 | Raspberries, raw | 123 | 1 cup | 0.824 |
| 16103 | Refried beans, canned (includes USDA commodity) | 252 | 1 cup | 0.396 |
| 09310 | Rhubarb, frozen, cooked, with sugar | 240 | 1 cup | 0.175 |
| 20037 | Rice, brown, long-grain, cooked | 195 | 1 cup | 1.765 |
| 20047 | Rice, white, long-grain, parboiled, enriched, cooked | 175 | 1 cup | 0.620 |
| 20046 | Rice, white, long-grain, parboiled, enriched, dry | 185 | 1 cup | 2.054 |
| 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared | 165 | 1 cup | 0.566 |
| 20045 | Rice, white, long-grain, regular, cooked | 158 | 1 cup | 0.746 |
| 20044 | Rice, white, long-grain, regular, raw, enriched | 185 | 1 cup | 2.013 |
| 18342 | Rolls, dinner, plain, commercially prepared (includes brown-and-serve) | 28 | 1 roll | 0.163 |
| 18350 | Rolls, hamburger or hotdog, plain | 43 | 1 roll | 0.117 |
| 18353 | Rolls, hard (includes kaiser) | 57 | 1 roll | 0.262 |
| 11436 | Rutabagas, cooked, boiled, drained, without salt | 170 | 1 cup | 0.296 |
| 04539 | Salad dressing, blue or roquefort cheese dressing, commercial, regular | 15.3 | 1 tbsp | 0.005 |
| 04120 | Salad dressing, french dressing, commercial, regular | 15.6 | 1 tbsp | 0.003 |
| 04020 | Salad dressing, french dressing, reduced fat | 16.3 | 1 tbsp | 0.018 |
| 04114 | Salad dressing, italian dressing, commercial, regular | 14.7 | 1 tbsp | 0.002 |
| 04021 | Salad dressing, italian dressing, reduced fat | 15 | 1 tbsp | 0.000 |
| 04025 | Salad dressing, mayonnaise, soybean oil, with salt | 13.8 | 1 tbsp | 0.001 |
| 04015 | Salad dressing, russian dressing | 15.3 | 1 tbsp | 0.010 |
| 04023 | Salad dressing, thousand island dressing, reduced fat | 15.3 | 1 tbsp | 0.018 |
| 04017 | Salad dressing, thousand island, commercial, regular | 15.6 | 1 tbsp | 0.006 |
| 07069 | Salami, cooked, beef and pork | 56.7 | 2 slices | 0.555 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 02047 | Salt, table | 6 | 1 tsp | 0.006 |
| 07073 | Sandwich spread, pork, beef | 15 | 1 tbsp | 0.004 |
| 06150 | Sauce, barbecue | 15.75 | 1 tbsp | 0.035 |
| 06930 | Sauce, cheese, ready-to-serve | 63 | 1/4 cup | 0.006 |
| 06175 | Sauce, hoisin, ready-to-serve | 16 | 1 tbsp | 0.041 |
| 06166 | Sauce, homemade, white, medium | 250 | 1 cup | 0.108 |
| 06931 | Sauce, pasta, spaghetti/marinara, ready-to-serve | 250 | 1 cup | 0.400 |
| 06168 | Sauce, ready-to-serve, pepper or hot | 4.7 | 1 tsp | 0.002 |
| 06164 | Sauce, salsa, ready-to-serve | 16 | 1 tbsp | 0.019 |
| 06112 | Sauce, teriyaki, ready-to-serve | 18 | 1 tbsp | 0.000 |
| 11439 | Sauerkraut, canned, solids and liquids | 236 | 1 cup | 0.356 |
| 11445 | Seaweed, kelp, raw | 10 | 2 tbsp | 0.020 |
| 11667 | Seaweed, spirulina, dried | 0.93 | 1 tbsp | 0.018 |
| 12516 | Seeds, pumpkin and squash seed kernels, roasted, with salt added | 28.35 | 1 oz (142 seeds) | 0.855 |
| 12166 | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15 | 1 tbsp | 0.218 |
| 12201 | Seeds, sesame seed kernels, dried (decorticated) | 8 | 1 tbsp | 0.115 |
| 12537 | Seeds, sunflower seed kernels, dry roasted, with salt added | 32 | 1/4 cup | 0.675 |
| 12537 | Seeds, sunflower seed kernels, dry roasted, with salt added | 28.35 | 1 oz | 0.598 |
| 14346 | Shake, fast food, chocolate | 333 | 16 fl oz | 0.130 |
| 14347 | Shake, fast food, vanilla | 333 | 16 fl oz | 0.117 |
| 11677 | Shallots, raw | 10 | 1 tbsp | 0.029 |
| 19097 | Sherbet, orange | 74 | 1/2 cup | 0.008 |
| 19002 | Snacks, beef jerky, chopped and formed | 19.8 | 1 large piece | 0.022 |
| 19033 | Snacks, CHEX mix | 28.35 | 1 oz (about 2/3 cup) | 0.440 |
| 19004 | Snacks, corn-based, extruded, chips, barbecue-flavor | 28.35 | 1 oz | 0.219 |
| 19003 | Snacks, corn-based, extruded, chips, plain | 28.35 | 1 oz | 0.123 |
| 19008 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 28.35 | 1 oz | 0.027 |
| 19013 | Snacks, fruit leather, pieces | 28.35 | 1 oz | 0.052 |
| 19014 | Snacks, fruit leather, rolls | 21 | 1 large | 0.039 |
| 19015 | Snacks, granola bars, hard, plain | 28.35 | 1 bar | 0.504 |
| 19026 | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter | 28.35 | 1 bar | 0.383 |
| 19404 | Snacks, granola bars, soft, uncoated, chocolate chip | 28.35 | 1 bar | 0.358 |
| 19022 | Snacks, granola bars, soft, uncoated, raisin | 28.35 | 1 bar | 0.357 |
| 19438 | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares | 22 | 1 bar | 0.352 |
| 19031 | Snacks, oriental mix, rice-based | 28.35 | 1 oz (about 1/4 cup) | 0.361 |
| 19034 | Snacks, popcorn, air-popped | 8 | 1 cup | 0.089 |
| 19036 | Snacks, popcorn, cakes | 10 | 1 cake | 0.099 |
| 19038 | Snacks, popcorn, caramel-coated, with peanuts | 42 | 1 cup | 0.321 |
| 19039 | Snacks, popcorn, caramel-coated, without peanuts | 35.2 | 1 cup | 0.077 |
| 19040 | Snacks, popcorn, cheese-flavor | 11 | 1 cup | 0.078 |
| 19035 | Snacks, popcorn, oil-popped, microwave, regular flavor | 11 | 1 cup | 0.069 |
| 19041 | Snacks, pork skins, plain | 28.35 | 1 oz | 0.020 |
| 19042 | Snacks, potato chips, barbecue-flavor | 28.35 | 1 oz | 0.142 |
| 19045 | Snacks, potato chips, made from dried potatoes, light | 28.35 | 1 oz | 0.099 |
| 19410 | Snacks, potato chips, made from dried potatoes, plain | 28.35 | 1 oz | 0.098 |
| 19046 | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor | 28.35 | 1 oz | 0.115 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 19411 | Snacks, potato chips, plain, salted | 28.35 | 1 oz | 0.188 |
| 19811 | Snacks, potato chips, plain, unsalted | 28.35 | 1 oz | 0.125 |
| 19422 | Snacks, potato chips, reduced fat | 28.35 | 1 oz | 0.125 |
| 19043 | Snacks, potato chips, sour-cream-and-onion-flavor | 28.35 | 1 oz | 0.115 |
| 19047 | Snacks, pretzels, hard, plain, salted | 60 | 10 pretzels | 0.560 |
| 19051 | Snacks, rice cakes, brown rice, plain | 9 | 1 cake | 0.336 |
| 19057 | Snacks, tortilla chips, nacho cheese | 28.35 | 1 oz | 0.099 |
| 19424 | Snacks, tortilla chips, nacho-flavor, reduced fat | 28.35 | 1 oz | 0.124 |
| 19062 | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds | 146 | 1 cup | 1.551 |
| 19061 | Snacks, trail mix, tropical | 140 | 1 cup | 1.352 |
| 06007 | Soup, bean with ham, canned, chunky, ready-to-serve, commercial | 243 | 1 cup | 0.705 |
| 06404 | Soup, bean with pork, canned, prepared with equal volume water | 253 | 1 cup | 0.620 |
| 06075 | Soup, beef broth or bouillon, powder, dry | 6 | 1 packet | 0.028 |
| 06432 | Soup, beef broth, bouillon, consomme, prepared with equal volume water | 241 | 1 cup | 0.366 |
| 06409 | Soup, beef noodle, canned, prepared with equal volume water | 244 | 1 cup | 0.266 |
| 06419 | Soup, chicken noodle, canned, prepared with equal volume water | 241 | 1 cup | 0.123 |
| 06528 | Soup, chicken noodle, dry, mix, prepared with water | 252.3 | 1 cup | 0.081 |
| 06024 | Soup, chicken vegetable, chunky, canned, ready-to-serve | 240 | 1 cup | 0.240 |
| 06423 | Soup, chicken with rice, canned, prepared with equal volume water | 241 | 1 cup | 0.362 |
| 06018 | Soup, chunky chicken noodle, canned, ready-to-serve | 240 | 1 cup | 0.266 |
| 06067 | Soup, chunky vegetable, canned, ready-to-serve | 240 | 1 cup | 0.480 |
| 06428 | Soup, clam chowder, manhattan, canned, prepared with equal volume water | 244 | 1 cup | 0.359 |
| 06230 | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk | 248 | 1 cup | 0.201 |
| 06216 | Soup, cream of chicken, canned, prepared with equal volume milk | 248 | 1 cup | 0.379 |
| 06416 | Soup, cream of chicken, canned, prepared with equal volume water | 244 | 1 cup | 0.376 |
| 06243 | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk | 248 | 1 cup | 0.102 |
| 06443 | Soup, cream of mushroom, canned, prepared with equal volume water | 244 | 1 cup | 0.098 |
| 06440 | Soup, minestrone, canned, prepared with equal volume water | 241 | 1 cup | 0.366 |
| 06094 | Soup, onion, dry, mix | 39 | 1 packet | 0.259 |
| 06494 | Soup, onion, dry, mix, prepared with water | 246 | 1 cup | 0.071 |
| 06449 | Soup, pea, green, canned, prepared with equal volume water | 250 | 1 cup | 0.613 |
| 06174 | Soup, stock, fish, home-prepared | 233 | 1 cup | 0.121 |
| 06359 | Soup, tomato, canned, prepared with equal volume low fat (2%) milk | 248 | 1 cup | 0.146 |
| 06559 | Soup, tomato, canned, prepared with equal volume water, commercial | 244 | 1 cup | 0.142 |
| 06471 | Soup, vegetable beef, canned, prepared with equal volume water | 244 | 1 cup | 0.305 |
| 06468 | Soup, vegetarian vegetable, canned, prepared with equal volume water | 241 | 1 cup | 0.453 |
| 01058 | Sour dressing, non-butterfat, cultured, filled cream-type | 12 | 1 tbsp | 0.000 |
| 16123 | Soy sauce made from soy and wheat (shoyu) | 16 | 1 tbsp | 0.068 |
| 11451 | Soybeans, green, cooked, boiled, drained, without salt | 180 | 1 cup | 0.904 |
| 16109 | Soybeans, mature cooked, boiled, without salt | 172 | 1 cup | 1.417 |
| 16120 | Soymilk, original and vanilla, unfortified | 245 | 1 cup | 0.546 |
| 22401 | Spaghetti with meat sauce, frozen entree | 283 | 1 package | 0.603 |
| 20121 | Spaghetti, cooked, enriched, without added salt | 140 | 1 cup | 0.451 |
| 20125 | Spaghetti, whole-wheat, cooked | 140 | 1 cup | 1.931 |
| 02007 | Spices, celery seed | 2 | 1 tsp | 0.151 |
| 02009 | Spices, chili powder | 2.6 | 1 tsp | 0.056 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 02010 | Spices, cinnamon, ground | 2.3 | 1 tsp | 0.402 |
| 02015 | Spices, curry powder | 2 | 1 tsp | 0.086 |
| 02020 | Spices, garlic powder | 2.8 | 1 tsp | 0.015 |
| 02026 | Spices, onion powder | 2.1 | 1 tsp | 0.008 |
| 02027 | Spices, oregano, dried | 1.5 | 1 tsp | 0.070 |
| 02028 | Spices, paprika | 2.1 | 1 tsp | 0.018 |
| 02029 | Spices, parsley, dried | 1.3 | 1 tbsp | 0.137 |
| 02030 | Spices, pepper, black | 2.1 | 1 tsp | 0.118 |
| 11658 | Spinach souffle | 136 | 1 cup | 0.366 |
| 11461 | Spinach, canned, drained solids | 214 | 1 cup | 1.278 |
| 11458 | Spinach, cooked, boiled, drained, without salt | 180 | 1 cup | 1.683 |
| 11464 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 190 | 1 cup | 1.362 |
| 11457 | Spinach, raw | 10 | 1 leaf | 0.090 |
| 11457 | Spinach, raw | 30 | 1 cup | 0.269 |
| 11642 | Squash, summer, all varieties, cooked, boiled, drained, without salt | 180 | 1 cup | 0.383 |
| 11641 | Squash, summer, all varieties, raw | 113 | 1 cup | 0.198 |
| 11644 | Squash, winter, all varieties, cooked, baked, without salt | 205 | 1 cup | 0.383 |
| 11488 | Squash, winter, butternut, frozen, cooked, boiled, without salt | 240 | 1 cup | 0.415 |
| 09320 | Strawberries, frozen, sweetened, sliced | 255 | 1 cup | 0.638 |
| 09316 | Strawberries, raw | 166 | 1 cup | 0.641 |
| 09316 | Strawberries, raw | 18 | 1 strawberry | 0.069 |
| 09316 | Strawberries, raw | 12 | 1 strawberry | 0.046 |
| 19334 | Sugars, brown | 3.2 | 1 tsp | 0.002 |
| 19335 | Sugars, granulated | 4.2 | 1 tsp | 0.000 |
| 19336 | Sugars, powdered | 8 | 1 tbsp | 0.000 |
| 11647 | Sweet potato, canned, syrup pack, drained solids | 196 | 1 cup | 1.205 |
| 11512 | Sweet potato, canned, vacuum pack | 255 | 1 cup | 1.160 |
| 11508 | Sweet potato, cooked, baked in skin, without salt | 146 | 1 potato | 0.726 |
| 11510 | Sweet potato, cooked, boiled, without skin | 156 | 1 potato | 0.415 |
| 11659 | Sweet potato, cooked, candied, home-prepared | 105 | 1 piece | 0.448 |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 60 | 1 roll | 0.180 |
| 18358 | Sweet rolls, cinnamon, refrigerated dough with frosting, baked | 30 | 1 roll | 0.125 |
| 19348 | Syrups, chocolate, fudge-type | 19 | 1 tbsp | 0.070 |
| 19350 | Syrups, corn, light | 20 | 1 tbsp | 0.000 |
| 19353 | Syrups, maple | 20 | 1 tbsp | 0.660 |
| 19129 | Syrups, table blends, pancake | 20 | 1 tbsp | 0.014 |
| 19128 | Syrups, table blends, pancake, reduced-calorie | 15 | 1 tbsp | 0.003 |
| 18360 | Taco shells, baked | 13.3 | 1 medium | 0.057 |
| 09223 | Tangerine juice, canned, sweetened | 249 | 1 cup | 0.092 |
| 09220 | Tangerines, (mandarin oranges), canned, light syrup pack | 252 | 1 cup | 0.081 |
| 09218 | Tangerines, (mandarin oranges), raw | 84 | 1 tangerine | 0.033 |
| 20068 | Tapioca, pearl, dry | 152 | 1 cup | 0.167 |
| 14355 | Tea, brewed, prepared with tap water | 178 | 6 fl oz | 0.390 |
| 14545 | Tea, herb, chamomile, brewed | 178 | 6 fl oz | 0.078 |
| 14381 | Tea, herb, other than chamomile, brewed | 178 | 6 fl oz | 0.078 |
| 14376 | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared | 237 | 8 fl oz | 0.367 |
| 14371 | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259 | 8 fl oz | 0.321 |

USDA National Nutrient Database for Standard Reference, Release 20
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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|---|-------------------|-----------------------|----------------------------|
| 14367 | Tea, instant, unsweetened, powder, prepared | 237 | 8 fl oz | 0.929 |
| 18361 | Toaster pastries, brown-sugar-cinnamon | 50 | 1 pastry | 0.161 |
| 18362 | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 52 | 1 pastry | 0.162 |
| 16126 | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 81 | 1/4 block | 0.506 |
| 16127 | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) | 120 | 1 piece | 0.467 |
| 11954 | Tomatillos, raw | 34 | 1 medium | 0.052 |
| 11540 | Tomato juice, canned, with salt added | 243 | 1 cup | 0.170 |
| 11546 | Tomato products, canned, paste, without salt added | 262 | 1 cup | 0.791 |
| 11547 | Tomato products, canned, puree, without salt added | 250 | 1 cup | 0.423 |
| 11549 | Tomato products, canned, sauce | 245 | 1 cup | 0.262 |
| 11531 | Tomatoes, red, ripe, canned, packed in tomato juice | 240 | 1 cup | 0.185 |
| 11533 | Tomatoes, red, ripe, canned, stewed | 255 | 1 cup | 0.150 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 17 | 1 cherry tomato | 0.019 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 20 | 1 slice | 0.023 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 180 | 1 cup | 0.205 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 123 | 1 tomato | 0.140 |
| 11955 | Tomatoes, sun-dried | 2 | 1 piece | 0.037 |
| 11956 | Tomatoes, sun-dried, packed in oil, drained | 3 | 1 piece | 0.014 |
| 18363 | Tortillas, ready-to-bake or -fry, corn | 26 | 1 tortilla | 0.085 |
| 18364 | Tortillas, ready-to-bake or -fry, flour | 32 | 1 tortilla | 0.159 |
| 21088 | Tostada with guacamole | 130.5 | 1 tostada | 0.176 |
| 05286 | Turkey and gravy, frozen | 142 | 5-oz package | 0.007 |
| 05292 | Turkey patties, breaded, battered, fried | 64 | 1 patty | 0.049 |
| 05296 | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted | 85.05 | 3 oz | 0.013 |
| 05188 | Turkey, all classes, dark meat, cooked, roasted | 84 | 3 oz | 0.019 |
| 05172 | Turkey, all classes, giblets, cooked, simmered, some giblet fat | 145 | 1 cup | 0.231 |
| 05186 | Turkey, all classes, light meat, cooked, roasted | 84 | 3 oz | 0.017 |
| 05168 | Turkey, all classes, meat only, cooked, roasted | 140 | 1 cup | 0.029 |
| 05180 | Turkey, all classes, neck, meat only, cooked, simmered | 152 | 1 neck | 0.033 |
| 11569 | Turnip greens, cooked, boiled, drained, without salt | 144 | 1 cup | 0.485 |
| 11575 | Turnip greens, frozen, cooked, boiled, drained, without salt | 164 | 1 cup | 0.779 |
| 11565 | Turnips, cooked, boiled, drained, without salt | 156 | 1 cup | 0.111 |
| 02050 | Vanilla extract | 4.2 | 1 tsp | 0.010 |
| 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 85 | 3 oz | 0.033 |
| 17112 | Veal, rib, separable lean and fat, cooked, roasted | 85 | 3 oz | 0.026 |
| 11578 | Vegetable juice cocktail, canned | 242 | 1 cup | 0.242 |
| 11581 | Vegetables, mixed, canned, drained solids | 163 | 1 cup | 0.926 |
| 11584 | Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 182 | 1 cup | 0.690 |
| 02048 | Vinegar, cider | 15 | 1 tbsp | 0.037 |
| 18403 | Waffles, plain, frozen, ready -to-heat, toasted | 33 | 1 waffle | 0.099 |
| 18367 | Waffles, plain, prepared from recipe | 75 | 1 waffle | 0.199 |
| 14429 | Water, tap, municipal | 237 | 8 fl oz | 0.000 |
| 11590 | Waterchestnuts, chinese, canned, solids and liquids | 140 | 1 cup | 0.225 |
| 09326 | Watermelon, raw | 286 | 1 wedge | 0.109 |
| 09326 | Watermelon, raw | 152 | 1 cup | 0.058 |
| 20081 | Wheat flour, white, all-purpose, enriched, bleached | 125 | 1 cup | 0.853 |
| 20082 | Wheat flour, white, all-purpose, self-rising, enriched | 125 | 1 cup | 1.250 |

USDA National Nutrient Database for Standard Reference, Release 20
Manganese, Mn (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|---------------|--|-------------------|-----------------------|----------------------------|
| 20083 | Wheat flour, white, bread, enriched | 137 | 1 cup | 1.085 |
| 20084 | Wheat flour, white, cake, enriched | 137 | 1 cup | 0.869 |
| 20080 | Wheat flour, whole-grain | 120 | 1 cup | 4.559 |
| 20089 | Wild rice, cooked | 164 | 1 cup | 0.462 |
| 01121 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 227 | 8-oz container | 0.148 |
| 01117 | Yogurt, plain, low fat, 12 grams protein per 8 ounce | 227 | 8-oz container | 0.009 |
| 01118 | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 227 | 8-oz container | 0.011 |
| 01116 | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 227 | 8-oz container | 0.009 |